

★ ENTERTAINMENT ★ NEWS ★ SHIPPING ★ COMMENT ★ SPORTS ★

MEMBER N.P.A. EAST AFRICA G.P.O. REGISTERED NEWSPAPER

Coastweek

Issue No. 2753 Dec. 31, 2004 - Jan. 06, 2005.


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Celtel Complete Coverage Of Nairobi - Mombasa Highway

Celtel Kenya Limited has completed coverage of the Nairobi - Mombasa Highway, effectively making mobile telephony accessible to the operator's subscribers traveling along the busy highway.

WISHING ALL READERS A VERY HAPPY NEW YEAR!

The milestone achievement also translates into the extension of Celtel's coverage, from the coastal city of Mombasa to Busia, an increasingly important route in East Africa's economics matrix.

Special Report by Correspondent

Commenting on the completion of this project Celtel Kenya Chief Executive Officer John McDonald said: "This milestone achievement is aligned with our commitment to making life better for the thousands of subscribers who frequently travel on this highway."
McDonald said that completion of this section of the greater corridor would enhance mobile telecommunication across principle towns along the route.

Celtel is the only operator present in the three East African countries. The completion of coverage on this great corridor follows the recent network expansion exercise that saw Celtel open up Nthawe-Makueni, Vuria and Taveta.
Celtel presently covers 138

towns across Kenya.
Celtel, which launched in Kenya early last month, is present in thirteen countries across Africa.
The company last week hit the five million subscriber base mark, making it Africa's leading mobile telephony operator.

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SUN 'N SAND SIGN ON



After signing the Memorandum of Understanding between UNICEF and Sun 'n' Sand Beach Resort, Mr Heimo Laakkonen, UNICEF Kenya Country Office, (left) is seen presenting Mr Mahmud Visram, (right) Managing Director Sun 'n' Sand Beach Resort with a UNICEF Pin. Looking on (centre) is the Minister of State in the Office of the Vice President in charge of Home Affairs, Hon.Linah Jebii Kilimo. • FULLSTORY PAGE SIX

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FESTIVE FARE

THREE RECIPES FROM 'COAST CUISINE'
FOUND AT www.coastweek.com

SHANZU NEW YEAR PUNCH

New Year in this part of the world still has a few fine 'hangovers' from our Colonial past - this is one tradition that fortunately will be lovingly passed from one delighted generation to the next.

A wonderful way to enjoy a 'cheap' champagne or good sparkling wine, and to start your holiday festivities on the right note!

For those who don't ever imbibe: fear not, you can still prepare this ambrosia with the non-alcoholic variety of sparkling wine.

INGREDIENTS:

- ten (heaped) cups of fresh strawberries
- one and half cups of pineapple juice (chilled)
- three quarters of a cup of fresh lemon juice
- three quarters of a cup of superfine sugar
- one bottle (4/5 quart) champagne or sparkling wine (with or without alcohol) chilled

METHOD: To make the strawberry ice cubes: At least six hours before party time, wash the berries.

Place one small, pretty berry (with leafy hulls attached) in each compartment of two standard-size ice cube trays, then fill with water and freeze.

To prepare the punch: Remove the hulls from the remaining berries and place them in a food processor.

Process for two minutes or until pureed, then transfer to a punch bowl.

Stir in the pineapple juice, lemon juice, and sugar; cover and refrigerate.

Just before serving, pour in the champagne and float the strawberry ice cubes on top.

GUINEA FOWL AND FRESH HERB STUFFING

"They used to serve this at the 'Jolly Farmer Hotel', Molo escarpment," writes Mrs. Denise Chambers, from Falmouth, U.K. "I came across both recipes while going through a family cook book of the 1950s. Still very tasty and looks most attractive as a Sunday main course"

INGREDIENTS: (four servings)

- Two guinea fowl
- two teaspoon caraway seeds
- quarter cup chopped parsley
- quarter cup chopped mushrooms
- one teaspoon chopped rosemary
- one tablespoon grated Cheddar cheese
- one teaspoon chopped marjoram
- seasoning to taste

METHOD: Split the fowls in half down the backbone and breast.

Combine the herbs, caraway seeds, cheese, mushrooms and seasoning together in a bowl.

Lift the skin from the flesh of the fowls and spread the herb mixture evenly under the skin.

Place in a roasting dish and bake at 190°C (370°F) until cooked and browned and the juices are clear.

Serve with the pan juices or as it is.

VARIATION ON A THEME - INGREDIENTS:

- half cup grapefruit juice
- one cup chicken stock
- one tablespoon chopped chives

METHOD: Bring the stock and grapefruit juice to the boil in a saucepan.

Boil until reduced by half then stir in the chives.

Boil for one more minute; pour over the guinea fowl and serve.

COCONUT-GRILLED PINEAPPLE

Pineapple addict Tim Adu from Ogbomoshu, Nigeria, writes: "I have eaten pineapples in Hawaii, Tanzania and in the U.S.A. I know Coastweek readers will find this recipe so simple and yet so delectable! How amazing, even your dessert can be grilled. This recipe also works well with bananas."

INGREDIENTS: (serves six)

- one ripe golden pineapple
- one litre fresh coconut milk
- one and a half cups granulated sugar
- one teaspoon ground cinnamon
- Sprigs of fresh mint, for garnish
- one quart vanilla ice cream or frozen yogurt, for serving (optional)

PREPARATION: Set up the grill for direct grilling and preheat to high.

Peel, slice, and core the pineapple.

Pour coconut milk into a wide, shallow bowl.

Place the sugar and cinnamon in another wide, shallow bowl and stir with a fork to mix.

When ready to cook, brush and oil the grill grate.

Dip each pineapple slice first in coconut milk, then in the sugar mixture, shaking off the excess between each dipping.

Arrange the slices on the hot grate and grill until nicely browned on both sides, four to six minutes per side.

Transfer the pineapple slices to plates or a platter for serving and garnish with mint sprigs.

Or serve in bowls over ice cream, if desired.

The pineapple can be served either hot or cold.

NEW YEAR FOOD GIFT



Coast Academy pupils Ajitesh Mohanty and sheena Shanghri present three tonnes relief food to Jaram Oranga, Red cross Youth Officer in Mombasa. The food was collected by the schools pupils by washing of vehicles for which they were paid off in dry food stuff.



Vijay Optica director (Jayesh V. Dhuria), measuring eye pressure for Zulekha Moh'd Noor. For many years, eye pressure and blood pressure are taken for eye patients at Vijay Optica.

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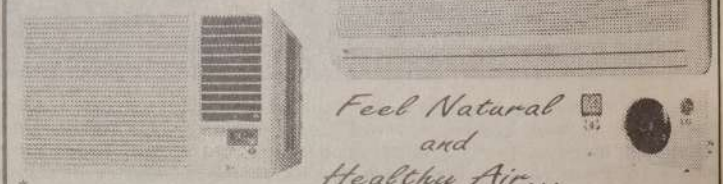
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LIFE IS JUST A LAUGH



"Now don't tell me we've called just as you are starting your Christmas dinner."



"One encore is quite enough mate. I 'aven't ad me supper yet!"



"The paper boy is late again."



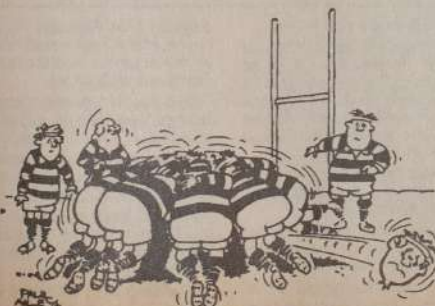
"Business is ticking over."



"The undertaker must have left his cell phone in his pocket."



"I'm beginning to wish we'd never bought a flying fish."



Leopard Beach Hotel Honour Prof. Wangari Maathai

ONE HUNDRED TREES PLANTED OUT AT DIANI ...

Leopard Beach Hotel has planted 100 trees on the resort's premises in honour of Nobel Peace Prize 2004 Laureate Prof. Wangari Maathai.

This was also in recognition for her contribution to sustainable development, democracy and peace.

On December 10th the hotel hosted it's own contribution to the environment far away from the Nobel Prize ceremonies in Oslo by inviting 100 long serving staff and management team members as well as repeat guests and important visitors to plant 'their' tree to commemorate this great day when the Nobel Peace Prize was awarded to the first African woman who is the founder of the Green Belt movement and grew up near Mount Kenya.



The way it is - Khalid Shapi managing director of Pollmans Tours is seen hard at work planting a tree at Leopard Beach Hotel ... with the bosses looking on! On the far right is Shakir Moledina - CEO of the ARP Group (Alpha Travel UK; Ranger Safaris Tanzania And Pollmans Tours Kenya) and Karen S. Ubhi - director and son of the leopard Beach Hotel owner.

VICE PRESIDENT ENJOYS VISIT TO SUN 'N SAND



The Vice President of the Republic of Kenya, His Excellency Hon. Moody Awori, is seen while signing the visitor's book at the Sun N' Sand - Kenya's newest five star beach resort During his recent visit to the coast. Looking on (next to the VP) is the resorts general manager, Mr. Andmilleh Makumbi.

Generous Swedish Aid For Kwale And Makueni Areas



Swedish International Development Co-operation Agency has contributed 55 million ksh to alleviate hunger in Kwale and Makueni districts. The assistance will focus on water/ sanitation and agricultural livelihood support. The Kenyan Red Cross Society is the implementing partner. Linnea Ehmst, Senior Regional Humanitarian Advisor to the Swedish Embassy in Nairobi and Staffan Wiking, Swedish Red Cross specialist for East Africa discuss Kwale water problems with the Water Department District Officer in Kasageni.

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THE FORGOTTEN
 Starring: Julianne Moore, Dominic West, Gary Sinise, Alfie Woodard
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Sun.-7.15pm • Mon. 7pm
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(Tkts: 350/-)

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Sat.- 2pm
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Mon.- 5pm

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Sat.- 4pm G/E
Mon.- 2.30pm

SHALL WE DANCE
Wed.- 9.30pm
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THREE BRAND NEW RELEASES FOR THE NEW YEAR AT NYALI CINEMAX
Thriller Mystery With Julianne Moore, Dominic West And Anthony Edwards

Celebrate the new year in style at the **NYALI CINEMAX** with three brand new releases!

The week begins with the much-awaited animated production of **The Incredibles** with the voices of Craig T. Nelson, Holly Hunter, Samuel L. Jackson, Jason Lee and Elizabeth Pena.

Bob Parr is now a sad shadow of his former self (the incredible Mr. Incredible). In his prime he battled evil and saved many with a flick of his cape.

Fifteen years later, he is trying to live a suburban 'normal' life as an insurance agent.

His wife Helen, also a famous crime fighter, drags herself through a mundane life as a housewife bringing up their children.

But all this changes one day when Bob receives an encoded message to reach a remote island for a top-secret assignment.

The family joins forces and reach out together to destroy the evil-doer once and for all with all the fun and gusto they had in the past.

Animated films are becoming quite a rage and **The Incredibles** topped the US Box Office for two weeks in a row grossing over 143 million US Dollars in ten days (that works out to a cool 14.3 million Dollars in a day - wow!)

A simultaneous release with Mumbai at the **NYALI CINEMAX** is Nikhil Panchariya's **Dil Maange More** starring the latest teeny-bop heart-throb Shahid Kapoor with newcomers Ayesha Takia, Tulip Joshi and Soha Ali Khan.

THE DAUGHTER OF SHARMILA TAGORE

While the first two girls, Ayesha and Tulip are one film old (*Tarzaan* - the wonder car and *Mere Yaar Ki Shaadi Hai*, respectively), Soha who is the daughter of Sharmila Tagore and the Mansur Ali Khan aka Pataudi and the erstwhile sister of Saif Ali Khan makes her debut in this film.

Nikhil lives in the small town of Samarpur, goes to the school of his choice, plays football and is besotted by Neha.

Neha, however has other ambitious plans and wants to make her dreams come true in the big bad city of Mumbai.

When she moves to Mumbai, the lovelorn Nikhil follows her like a little pup.

Here, Nikhil meets two other

beauties who start tugging at his heart strings.

Sara who works with him but is a pain in more ways than one and Shagun, the pretty but bothersome neighbour.

When Neha ditches Nikhil, the pain is cushioned somewhat by his growing feelings for Sara, but before you can say Pepsi, Shagun also occupies the throne of love in Nikhil's heart.

A hilarious love quadrangle, the title has been lifted off the tag line for **Pepsi Cola's** commercial.

The third new film at **NYALI CINEMAX** is a thrilling mystery **The Forgotten** with Julianne Moore, Dominic West, Gary Sinise, Alfie Woodards and Anthony Edwards.

A mother, Telly Pareta is still grieving the death of her eight-year-old son in a plane crash fourteen months ago.

As she tries to get to grips with her shattered life, her husband Jim decides enough is enough and ask for a separation.

Her psychiatrist Dr. Muncie diagnoses that Telly is suffering from delusions and her son that died never existed.

This final blow throws her off her feet and she searches for evidence of her son's existence. But there are no photos, videos, or any kind of proof that Sam ever lived making Telly believe that she is definitely going insane.

A chance meeting with Ash Correll, the father of one of the other plane crash victims who is also going through the same trauma convinces her that something is not quite right.

Together they seek to discover the truth and unearth the mystery that is driving them up the wall.

A cliffhanger of a film, it will leave you chewing your nails to the very end.

Ashutosh Gowariker's **Swades** with Shah Rukh Khan, Gayatri Joshi and English subtitles can be seen on Tuesday and Thursday.

As said earlier, animations are the in-thing at cinemas these days and **Shark Tale** has topped the US Box office for three weeks in a row.

The voices of Will Smith, Robert De Niro, Jack Black, Angelina Jolie and Renee Zellweger take you through the depths of the oceans in a superbly told tale.

You just cannot get enough of Marion Wayans and Shawn Wayans as **White Chicks** on Saturday and Monday.

Jennifer Lopez, Richard Gere, Susan Sarandon and Stanley Tucci dance their way through their emotions on Wednesday

and Thursday in **Shall We Dance**.

Yash Chopra's **Veer-Zaara** is still running on full steam for the ninth week at **NYALI CINEMAX**.

Shah Rukh Khan, Preity Zinta and Rani Mukherjee star in this love legend and can be seen on Friday morning as a new year eve's special screening and next year on Tuesday night.

Matt Damon is Jason Bourne in **The Bourne Supremacy** on Tuesday evening.

KENYA CINEMA is screening the Shah Rukh Khan, Gayatri Joshi starrer **Swades** for the entire week.

Swades takes you on a journey that begins in the super charged and highly developed fully computerised world of NASA in America and ends in the remote Indian village of Charanpur where even the supply of electricity is not constant and women still fill water in the traditional *matkas*.

The contrasts and contradictions of the two worlds eons apart glare at you through the cinema screen under Gowariker's baton.

We see Mohan Bhargava, a young scientist at the NASA space centre in Florida, USA, who returns to India to search for

his childhood nanny, Kaveriamma.

To Mohan, this nanny is not just a maid, but the epitome of motherhood, love and family which he is missing in America.

Finding Kaveriamma in Charanpur, Mohan cannot believe that people still actually live in the conditions there.

Worse of all, the young Gita who could have the world at her feet in the city has opted to teach in the village school and live here.

Mohan challenges the system, the lifestyle and even the villagers' laid back attitude with the total lack of materialism.

POWERFUL SUBJECT

But all his high-tech training and lifestyle comes to naught as he lives and experiences real feelings and tradition deep down within him.

His own emotions which have lain dormant for so long come out to the forefront and overtake his technical and progressive mind.

This is a powerful subject which Ashutosh Gowariker has taken great pains to relate to everyone.

Adding reality to the cinematography and film is the fact that some of the scenes were actually shot at the NASA Research Centre at the Launch Pad 39A instead of the usual made up sets at Filmcity.

An added bonus is maestro A. R. Rehman's music.

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KENYA CINEMA
Swades
 WITH ENGLISH SUBTITLES
 Starring: Shah Rukh Khan, Gayatri Joshi
Fri. 31st Dec. - 6.15 & 9.15pm
Sat. 1st Jan. - 2.45, 6.15 & 9.30pm
Sun. 2nd Jan. - 2.45, 6.15 & 9.30pm
Mon. 3rd Jan. - 6.15 & 9.30pm
Tue.-Wed. 4th & 5th Jan - 6.30pm only
Thur. 6th Jan. - 6.15 & 9.30pm
The Management & Staff Wish All Our Patrons A Very Happy & Prosperous New Year

JUNIOR ANGLERS STEAL THE LIMELIGHT

Junior anglers, fishing out of *Moorings* over the Christmas holidays, stole the limelight with some good catches, reports **TOM THUMB** from Mtwaya on the Kenya North Coast.

Jack Rossiter, down from Nairobi for the holidays, tagged and released his first sailfish while fishing on his father's boat **Fly Catcher**.

His friend, 12 year old Mathew Harber, came in on the same boat two days later with the best barracuda of the season, a specimen of 22.5 kgs.

There was a run of very good

sized barracudas, with Marco Noetiger of Switzerland, fishing on **Samvuke**, weighing in a 18.5 kg. fish, while John Chatwin on **Oona** recorded another of the same weight.

The best barracuda of the season by a lady fell to Clair Watson from Dubai who was fishing on **Samvuke**.

Jamie Melvin, accompanied by his young friends, Ross Cork and Ashlin Bending, has had some good catches from the sesse canoe **Nefertiti**.

Most of these comprised dorado and bonito, although they had

some bigger ones on the line.

The 'Tsunami' does not appear to have affected the fishing so far although there has been a lot of scattered weed about since the extraordinary tides affected the whole Kenyan coastline on the 26 th. December.

On that day, **Smuggler** came back with a sail, a king, some dorado and bonito.

Young Antea Meda put her skills to the test by reeling in two dorado and three bonito.

The only other tagged sail of the week was caught by Dave Williamson, fishing on his newly

acquired boat **Kamara**, which is one of the best known boats on this coastline, and previously fished out of Shimoni.

On the 27 th. December, Marco Noetiger was in luck again on **Samvuke** with a shark of approximately 20 kgs. released, and four king, the best tipping the scales at 20.2 kgs.

The next major competition out of *Moorings* is the **Mtwapa Cup**, which takes place on Sunday 9 th. January.

All anglers are welcome to join in one of the longest running tournaments in Mtwapa.



Mr. Nazir Ahmed Sales and Marketing Manager of CMC Motors Group Ford Division (right) seen here handing over the second batch of Ford Bantam 112 ton pick-ups to Mr. Njoroge Director General of AA of Kenya (left). The 1300 pick-ups will be used by the AA of Kenya for their field service backup.

'TSUNAMI' - OVERSEAS TOURISTS ARE 'SAFE AND HAPPY' IN KENYA

No visiting tourists were injured nor any tourist resorts damaged by the much weakened remains of Sunday's once powerful tsunami (earth quake induced tidal wave) that washed up on the Kenya Coast.

Chairman, Kenya Tourist Board Chairman Jake Grieves-Cook commented:

"Following the tragic and appalling events in South East Asia yesterday, when coastal

areas in many parts of that region were devastated by tidal waves causing the deaths of thousands and massive destruction, we can confirm that here in Kenya there has been no damage to resorts along our own Indian Ocean coastline and the situation today is entirely back to normal.

"Following the news reports of the earthquake in South East Asia yesterday, our tourist hotels had warned guests to be cautious

and to stay out of the sea and off the beach yesterday afternoon.

"The local authorities at the coast had also mobilised the police to warn people to move away from the beaches as a precaution while the situation was monitored.

"Yesterday along the Kenya coast we experienced unusually high swells and choppy conditions in the afternoon with tidal surges and high waves.

"However the sea conditions returned to normal by this morning and there were no reports of damage to any buildings along the coast.

"This morning I have called the hotels all along the coast from Lamu to Watamu to Mombasa to the south coast and all confirm that everything is now back to normal with no damage to the resorts.

"Hotel guests are swimming and snorkelling and fishing boats are operating as usual.

"We would like to reassure all overseas tour operators and travel agents that the sea conditions along the Kenya coast are calm and back to normal and no resorts here have been adversely affected in any way."

Local reports suggested that a number of dug-out canoes and fishing boats had been damaged when they broke free from their moorings at Watamu and Malindi

on the Kenya North Coast.

There were also reports of damage to boats in and around Lamu Island.

At Mtwapa creek, just North of Mombasa, residents reported a 'surge' of tidal water shortly after 1.00 p.m.

This raised the creek tidal level by about half a meter but soon subsided to normal levels.

Boat owners had been preparing for something much

more dramatic and some had even moved to open water further up the creek.

They were greatly relieved that the midday tidal surge was the maximum effect.

Mombasa was last hit by a 'tsunami' on November 05, 1930 when it was reported that a surge of water had reached up some three meters under the cliff below the main light house.

SPORT NEWS

Thank you Coastweek for the up date on sports. Congrates to Crispin n Mark, well done guys keep it up. Many thanks.

Regards to all friends work mates n family members.

Salim Khaku, Allentown, Pennsylvania, U.S.A.

Salimalntwn@aol.com

'Nairobi Logistics Centre' Rush Red Cross Emergency Supplies

AID BEING AIR FREIGHTED TO SRI LANKA

An ICRC (Red Cross/ Red Crescent) cargo plane was scheduled to leave Nairobi's Jomo Kenyatta airport on Wednesday afternoon, carrying 105 metric tons of emergency supplies destined for Colombo, Sri Lanka.

This was the country hardest-hit by the tidal waves that caused severe casualties in many countries of South-East Asia over the weekend.

The supplies have been designed to provide for basic needs of some 50,000 persons affected by the disaster.

One of the largest cargo aircrafts in the world, Antonov 124, has been hired to transport 50,000 blankets, 10,000 tarpaulins, 7,000 jerry cans, 2,000 water buckets, as well as 120 medical emergency kits that will be distributed by the ICRC delegation in Colombo.

The material is part of ICRC emergency stock kept in the Nairobi Logistics Centre, the largest ICRC warehouse in the world.

A significant amount of the supplies being sent has been manufactured in Kenya.

This shipment is part of a larger relief operation to the most affected areas in South-East Asia organised by ICRC throughout the week.

THIS WEEK ON TAMARIND DHOW

SUCH A ROMANTIC PROPOSAL !

Such was her happiness and surprise that she cried when cutting the cake which came with her dessert to find a ring inside followed by a proposal of marriage.

It was yet another happy event on the tamarind Dhow's 'Dinner Cruise', this one being on Monday, 27th December 2004.

It was Eric Njuguna's unique way of asking for the hand of Faith Nyaguthii in marriage which, to his joy, was accepted.

Both are from Nairobi, Eric being a businessman and Faith working for DHL's Customer Service.

The Tamarind Dhow was packed that night for the Dinner Cruise with other diners and crew on hearing of their engagement responding with lots of applause and the Resident Band playing appropriate music.



Eric Njuguna seen with his fiancée Faith Nyaguthii aboard the Tamarind Dhow.

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Family Qazi Thank Competent, Capable And Kind Doctor Meghji

We just wanted to write showing our sincere appreciation for Dr. Meghji.

Our family wishes to express heartfelt appreciation to Dr. Meghji and his staff for the excellent service our mother received at Mombasa Hospital. We thank you once again Dr.

Meghji for your kindness and wisdom during our mother's bout with heart problems.

Now that she is out of danger, we think it's time to give credit where it is due.

Competent, sensitive physicians like you are the prize of the medical profession.

Our mom does not have words to express her thanks to you.

We are thankful that she will be around for a long time yet to sing your praises, *inshallah*.

To those of us who know you well is that you are welcomed in every house because of your smile and words of cheer to those you visit.

You bring solace and comfort to the suffering, and courage

and hope to the fallen and depressed.

As a man, you are humble and ever ready to give a patient ear to all who seek your advice.

Ever alert and keen to learn from one.

You give freely your best, to allay suffering and pain without price or expecting anything in return.

You are never gaudy in dress, speech or manners and you are easily approachable for those who seek your company.

You make no secret of your knowledge or skill and imparts them freely to all who wish to learn.

You are calm when approached in time of stress and

tragedy rendering help and exercising your skills without fuss or hurry with faith in God and confidence in yourself.

We wish you the best in life in your new environment.

We must say that the whole of Makadara community will miss a great deal of your services.

Please be certain that your place in the affection, and in the history of the Makadara community and Mombasa, is like no other.

We wish you continued success in all your endeavors.

Thank you once more and we wish you all abundant blessing from the Almighty God.

Our special thanks goes to The Mombasa Hospital staff and ICU nurses, Dr. Y. Sheikh, Fathiya of Mombasa Hospital, Dr. Shikely, Uncle Mohammed Dor "Shibby", Aunt Nazo for being in time, Aunt Zebun and Aunt Zuhura of their helping hand, zahida being the contact person, mamu being the father that we never had.

We would also like to thank our family and community for their support by giving us courage and support during the difficult time.

Furthermore, Aunt Begum being the pillar of our family who sacrificed so much for us, willingly, she gave us love and sooth our pains.

May The Almighty Allah shower His choicest blessings upon you all Ameen.

[I have put duality away, I have seen the two worlds are one: One I seek, One I know, One I see, One I call. He is the first, He is the last, He is the outward, he is the inward] - Rumi.]

Gulatum (Sweden), Zainab (Canada), Salma and Begum Qazi (Los Angeles).
gulatum@yahoo.com
zainabharoon@yahoo.com
salmaqazi@yahoo.com

New Year Greeting From Our Readers

This is just to thank Coastweek for publishing the news about a new Islamic University in Lamu.

It is really nice and encouraging, warm regards, God Bless you All and a Happy New Year.

Dr Abubakr Badawy, N/A.
mansib_bahasan@yahoo.co.uk

I wish all my friends in Mombasa and all the staff at the AgaKhan Junior Academy especially Brenda And of course not to forget all the swim teams in Mombasa too!

"MERRY CHRISTMAS AND A HAPPY NEW YEAR" at this time of the year I miss you all very much.

Sukaina Gulamhusein, Toronto, Canada
sukkykxh@hotmail.com

Hey Coastarians! Wishin' Yo'all a wonderful Christmas and happy New Year!

Jay Patel, Philadelphia, USA.
sweetbed@hotmail.com

HelloCoastweek, this is Kokila Doshi writing from the U.S.A.

I am reading Coastweek online, but never find any mention of the HASH reports in the headlines... Come on friends, there are more Hashers around than squash players!

Lets us see it splashed on line too.

Cheers and a Merry Christmas and a Happy New Year.

Kokila Doshi, N/A, U.S.A.
kokiladoshi004@yahoo.com

YOUR LETTERS TO
Coastweek
P.O. Box 87270 Mombasa KENYA

ZANZIBAR FOR OUR NEXT BEACH HOLIDAY

Kenya will eventually lose all its tourists because of the absolutely awful and unbearable behaviour of the rude and simply insufferable 'Beach Traders' - particularly those on Nyali beach and Shanzu beach.

We had first hand experience

of them on Friday and then Saturday this week. Never again.

It is Zanzibar for our next beach holiday in East Africa.

(Names and address withheld at both writers request).

* Letter has been shortened - Ed.

A 'NO' TO CHILD EXPLOITATION AND 'YES' TO CONTAINING SEX TOURISM

UNICEF and Sun N Sand Beach Resort have signed an MoU (Memorandum of Understanding) to Protect Children from Exploitation in Tourism.

The document was signed at the Sun N Sand Beach Resort, Kikambala, Mombasa, by Minister of State, Office of the Vice President, Hon. Linah Chebil Kilimo, Sun N Sand Managing Director, Mahmud Visram, and UNICEF Kenya Country Office Representative, Heimo Laakkonen.

UNICEF is disturbed by increasing media reports of sexual exploitation of children in

connection with the tourism industry in Kenya.

Memorandum of Understanding (MoU) aims to prevent the exploitation of children in beach hotels and resorts at the Coast.

A UNICEF spokesman praised the Sun N Sand Resort for taking a leadership role in spotlighting this abuse.

"In other countries, the sex-trade has grown into a major industry, built on greed and feeding on those with the least power - our children.

"It is vital for Kenya's tourism sector to act now, to stop the spread of sex-tourism before it becomes entrenched as a brutal and cruel means of fueling expansion of the tourist industry.

"UNICEF and Sun N Sand recognize the important and urgent need to protect children

from sexual exploitation and commit to:

- Protect children from all abuses in the industry including child labour, child prostitution and trafficking.

- Promote best practices for children engaged directly or indirectly in the tourism industry
- Collaborate and partner in programmes that will protect children orphaned or made vulnerable by HIV/ AIDS and children in need of special protection."

Global estimates suggest that over one million children in the world are forced into commercial sex trade every year.

In the first quarter of 2005 UNICEF will work with partners on an assessment of child exploitation and sex tourism in Kenya.

Rapid Response KKSECURITY

THE KK GROUP OF COMPANIES

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 - Guard Force Management
 - Guard Training
- Equipment Sales & Services
 - Closed Circuit TV
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 - Intruder Alarms
 - Automatic Gates
 - Entry Systems
 - Access Control
- Remote Site Services
 - Oil Field Services
 - Mine Security

MOMBASA:
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Tel: 5487557/9, 5487519, 5487248
Fax: 5487293

Email: kkmombasa@kksecurity.com
Website: http://www.kksecurity.com

We will not sell it if we cannot support it

WE APOLOGIZE FOR ANY INCONVENIENCE AND 'THANK YOU' FOR YOUR PATIENCE ...

One of the most frequently asked question is checking the domain name and how it can be registered.

For this you have to go to HYPERLINK

<http://www.netsol.com> and click on WHOIS link.

WHOIS search shows a domain with an expired date.

Can you register the same domain?

If the domain belongs to you, you can renew it with your existing registrar, otherwise a domain cannot be registered again until it is dropped out of root database.

Keep in mind a domain could have been dropped the very same they you are looking at the WHOIS which may not have been updated.

It is safer to check the availability of a domain by typing it in the registration box.

Sometime you may get "Unable

to Establish Socket" error.

You may encounter this error message if our gateway to main registry or the main registry itself is experiencing problems.

In both cases the problem is totally out of our control.

If we are warned in advance for the downtime, we announce it in our web page, however sometimes it happens without any warnings.

Usually service is restored in a short period of time.

We apologize for any inconveniences and thank you for your patience.

There are times you get "Page cannot be displayed" error.

If you are experiencing this error while trying switch to a secure site page (such as creating new profile, retrieving

old profile, login to Domain Manager etc), then problem might be related to your browser's security settings.

If you are an Internet Explorer user, click *Tools/Internet Options/Advanced*, scroll all the way down and make sure SSL 2.0 and/or SSL 3.0 are checked.

Now that you have managed your registration what next?

If you want your domain to point to a web site or receive e-mail at that domain name you have to find a Web hosting provider.

If just want to reserve the domain name for future use, you do not have to do anything.

Where do you host my

site? You can host your site anywhere.

Once you decide on a hosting provider they will tell you how to point your domain to their server by changing your name servers to theirs.

For details contact me.

If you have found a hosting company (or already have a web site).

Then all that needs to be done in our end is changing the name server information of your domain name.

Find out the name servers of your hosting company (typically one primary and one secondary) and set them up using the Domain Manager.

I would like to wish you and your family a Happy and Prosperous New Year Be Online in 2005!

Vipul Patel is a Mombasa based internet consultant and web designer.

Twenty Five Years' Ago

Coastweek, January 04 - 10, 1980:

Kenya prepared itself for a total eclipse of the sun taking place on February 16, 1980 which would last four minutes. Voi, Malindi and Lamu were in the central path and would experience the eclipse in all totality.

Mombasa Councillors re-elected Councillor Rajab Sumba as Mayor for a second time in office with a majority of 26 votes to three.

The Mayor then paid a courtesy call on the District Kanu Chairman Hon. Shariff Nassir M.P., where they pledged to work jointly to stabilise local politics so that all leaders and wananchi will have the maximum opportunity to participate in the development of the town.

According to Mombasa Municipal Council's Cleansing Superintendent James Gitare, there were insufficient funds to combat the health hazard that was posed by the smelly Kibarani garbage dump, which was passed by thousands of tourists coming into Mombasa from the airport every year.

"We do not even have enough trucks to collect refuse within Mombasa - let alone money to buy equipment which would have made it possible to cover the whole area and at least make it free from scavengers" he said.

Project Director of the Mombasa Wreck Excavation Robin Piercy was back at the coast for the fourth and final season's work on the *Santo Antonio de Tanna*, a 42-gun frigate built in Goa in 1681 which sank just off Fort Jesus near Mombasa's Old Port at the end of 1697.

A total of Shs. 295,868/= was raised during the annual Ring Us Up-VOK television programme by the Round Tablers of Mombasa.

Another sum of U.S. Dollars \$ 10,000 was donated by the Round Tablers of Denmark to the SOS Village in Mombasa.

Kenyan politician and businessman Hon. Kenneth Matiba M.P. in a very frank interview stated:

"I think that the Nyayo Government is poised to carry Kenya into the eighties with confidence. Because of the good leadership which our President has already shown, Kenya is going to make wonder strides in the eighties."

'Iron and Eagle Claw' showed Kung Fu at it's best at REGAL Cinema, followed by another martial arts thriller 'The Tattoo Connection' with Jim Kelly, Chen Sing and Tan Tao Liang.

Film fare at the NAAZ Cinema included an outer space flick with Shelley Winters, John Houston and Glenn Ford in 'The Visitor'.

In the days of the Cold War, 'Avalanche Express', a movie about espionage with Lee Marvin and Robert Shaw was an instant hit at KENYA Cinema.

It was followed by 'Amar Shakti' ('Everlasting Power') with Shashi Kapoor, Sulakshna Pandit and Shatrughna Sinha.

Letter writers included Manu Shah of Nairobi who almost swallowed his false teeth when he saw the price of dinner (from shs. 32/= to Shs. 50/=) on the Mombasa-Nairobi train, Mrs. Helen Grace Kamau of Watamu, Tudor's Mrs. Elsie Kabibi who felt that after the shortages there was an unusual flavour and taste in the bread loaves, and Bashir Abdalla from Changamwe who enjoyed reading Coastweek's weekly football coverage.



NETWISE
VIPUL PATEL

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New Years Party !! Don't miss it!!

Menu a la Carte (reduced)

Fantastic Firework XXXL

Adults min. 1800/= kshs and above

Kids up to 14 years min. 900/= kshs and above

DJs Nabs, Mody and Hamy
of NABS ENTERTAINMENT play
the hottest music to Rock n Roll
in the New Year 2005

As the year draws to close, we will look back at some of the defining moments or significant events of 2004 that have affected or are likely to affect motorists.

The first milestone of the year was when Uncle John Michuki's *matatu* rules were effected after several negotiated deadlines that were coined in 2003 had expired.

By that time, all *matatus* and small public service vehicles were required to have fitted speed governors, have been inspected and proved to be roadworthy and finally had a distinctive yellow line painted all round to make them easy to identify. The drivers and assistants were to be registered with the authorities and required certificates of good conduct before they could be considered.

For New Year - The Swan Song Should Be Compliance, Compliance, Compliance ... And Yet Again Compliance

They were also expected to be kitted out in uniform of some kind or another so that they could be told apart from the passengers.

By and large the *matatu* owners complied with the regulations despite the congestion at Times Towers and at the cop shops where most of the transactions were handled.

For the first few weeks and months, the traffic was behaving as expected.

There was order in main high-

ways and on the urban streets as *matatus* and *manyangas* showed that they too had joined in the spirit of responsible motoring.

However things were to change as one by one the former kindred spirit returned.

The speed governors that were supposedly in a position to ensure that the vehicles met the stipulated speed had been 'doctored'.

Some of the units that Uncle John and his team had allowed were such that drivers and/or owners could install switches which allowed them to cut out the function of the controls that Uncle John had intended.

The yellow lines instead of being sacrosanct became an addition to the beautification of the vehicle.

The rule on uniforms was also so loose that the operators could prescribe well nigh anything that they wished and it would constitute an agreed minimum uniform standard.

Large passenger buses were apparently let off the hook and were later included as an afterthought.

In time, overall compliance has become an issue especially that of speed.

Matatus are seen speeding especially on the major highways.

We began to see a return of the so called horrific crashes of buses.

These could be attributed to speeding but not exclusively.

I am certain that factors like speed and the overall condition of the vehicles were large contributory factors.



For the New Year, the swan song should be compliance, compliance, compliance and yet again compliance.

Unless Uncle John and the boys in blue can ensure compliance, we shall end up where we were before and then all the magnificent efforts put in so far would have gone to waste.

Another major event that happened in the year that is likely to have a big impact on the motoring landscape is a decision by Brother Michael at the Kenya Revenue Authority that all second hand vehicles coming to Kenya will have to pass through a pre-inspection before shipment.

He has contracted agencies that will do this on behalf of the Authority.

This will hopefully result in the enforcement of the now legal requirement that vehicles being brought to Kenya should not be more than six years old.

The mad rush to own vehicles that have been rejected in other countries as not fit to be used even on the very good roads they have should be stemmed as the price of cars go up. If this leads to an improvement in the quality of vehicles that we have on the road, it would also lead to safer vehicles on the road.

What most motorists still talk about is the steep rise in the price of fuel.

With supplies world of crude oil falling behind demand with the emergence of China and India as major growing economies, the prices shot up during the course of the year leading to a nearly thirty per cent increase in the cost of fuel in Kenya.

As the crude oil markets are tight, the slightest hiccup in the stability of supply will cause a sudden and steep increase in price.

The threat of war in say Iran, is enough to worry the traders.

The seasonal price drivers like the high consumption of gasoline in the United States in the summer and then high demand for heating fuel in the Northern hemisphere countries during winter will continue to have the normal effect of raising prices with the less than elastic supply situation that we currently have in the world.

Much as we hope that the prices should come down with the falling price of crude, this is a dream.

Down they will come for certain but not the levels that we have been used to.

Unless new major sources of crude oil can be developed the supply squeeze will keep the prices above the forty dollar mark for the foreseeable future and the seventy shilling plus price of gasoline in Kenya will become the norm.

The good news from the year that is about to be concluded is that we can now begin to see road mending and building protocols being signed.

Money has been released to Kenya to help fund the reconstruction of roads and Tinga has been gallivanting round countries in a search for the best technology for rebuilding roads.

The main roads to be worked on include the Maai Mahiu Nakuru section which at the moment resembles a lunar landscape instead of an earthy construction.

The same goes for the early section of the Nairobi Mombasa highway at both ends ... from Nairobi to Sultan Hamud and from Mombasa to Mariakani.

These sections are also earmarked for work.

For 2005 we hope that Tinga and his group can complete the gap in the Great North Highway.

The three hundred kilometre section to the north of Isiolo is one of the biggest gaps in this important road.


Completing this would improve trade between Kenya and her northern neighbour, Ethiopia.

It would also greatly improve the lot of the wananchi who live in that less than hospitable part of the country.

There have been several other important events that could impact on us motorists but these are the ones we consider will have a big impact on us in the years to come.

As Kachumbari says, the real Prezzo and those of his men who have a knack seem to be finally getting their act together for the betterment of our roads.

Have a Happy and accident free New Year.

Hiccups and Ice & Spice Restaurant
 Wish all a Very Happy & Prosperous New Year and
 Bring You 2005 Special
 Live Band with Shilu & Aly
 On Saturday, 1st January, 2005
 9.00pm onwards

@ HICCUPS PUB
 Fully Air-conditioned, Relaxing Atmosphere,
 Mild Soothing Ambience, Fully Stocked Bar,
 Pool Table
 OPEN FROM 7:00P.M. UNTIL WEE HOURS OF THE NIGHT


 WHITESANDS

On 31st All roads lead to Whitesands.
Mouth watering buffet from around the world!
 Tropical Fiesta!
 New years eve dinner with the famous Destinee Band from Nairobi.
 Live performance by Nameless & Mr. Lenny.
 Cabaret show by the Stardust troupe from Malindi.
 Fireworks at stroke of midnight!
 Dinner Ksh. 4400 Adults and half price for under 12.
 Advance booking every 10 you get 1 free!


IL COVO
 ITALIAN RESTAURANT
 SUSHI BAR, COCKTAIL AND DISCO BAR
New year's eve Menu
Starter
 Mixed starters buffet.
Pastas
 Gnocchi alla Romana (gnocchi topped up with cheese and tomato sauce, cooked in oven)
 Penne al Forno. (Penne with meat balls in white sauce cooked in the oven)
 and Linguine mare (Linguine with mixed seafood in white wine)
Main course
 Roast beef (Delicious roast beef slices, served with roast potatoes) and Cotechino e lenticchie (A must in the Italian new year eve tradition)
 Or
 Grilled lobster (served in the traditional garlic sauce and rice) and Fish fillet alla Livornese (Red snapper fillet in tomato sauce and black olives)
 Or
Vegetarian Menu
MIXED Vegetarian Buffet.
Pasta
 Penne Pasticciata (Penne with all sweet peper colors in tomato sauce baked in the oven)
 And
 Cannelloni ricotta and spinach. (Cannelloni filled up with spinach and fresh ricotta baked in the oven)
 Or
Main course
 Parmigiana (Egg plant, mozzarella cheese, tomato sauce, baked in the oven) and Crespelle vegetarian. (All vegetables rolled in pan cakes, baked in the oven with white sauce) and Pizza Vegetariana. (Our famous pizza with all the vegetables)
Dessert
 Tiramisu (a must tonight)
 Or
Sushi and Sashimi menu!
Starter
 Choose one of your favourite from these.
 Namasu- White radish and carrot in vinegar dressing.
 Tokyo salad- Green salad with peanuts butter dressing.
 Kani Kyuri Ikomi- Cucumber stuffed with crab meat and pickled ginger.
 Igaguri- Thorny shrimp balls filled with sweet chest nuts.
 Hamaguri Shigure-ni- Sweet cooked clams
 Gyuniku Negimaki- Steak and scallions rolls in Teriyaki sauce.
 Yakitori- Chicken kebab with special sauce.
Main course Sushi
 2 pcs salmon, 2 pcs Mackerel, 1 pc Eel, 2 pcs Tuna, 1 pc prawn, 1 pc snapper, 1 pc Tamago, 1 pc Octopus, 1 pc Squid and Assorted rolls, 2 pcs Salmon, 2 pcs Tuna, 2 pcs Avocado, 2 pcs Cucumber.
 And
Assorted Sashimi
 Salmon, Tuna, Mackerel, Snapper, Squid and Octopus.
 Miso Soup to wash everything down.
Dessert
 Ogura ice cream, Vanilla ice cream topped with red bean Sauce.
Breakfast
 Full breakfast with croissant and cappuccino if you can still manage to eat.
 A bottle of Italian Spumante will be offered to each table of four, to celebrate the new year.
DJ GARFIELD TO PLAY YOUR FAVOURITES UP TO BREAKFAST PLUS FIREWORKS ON THE BEACH
 Ticket for sale at Kshs. 3500.00 per pax
 Kshs. 500/- for DISCO Entrance
 To create a free ambience, in the Bar & Restaurant, we have limited the sale of tickets.
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NEW YEAR AT THE COAST

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THE GREATEST PARTY
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SEE CENTRE PAGES
More New Year News



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the all - inclusive way!
From 8:00 pm onwards...

*National Drinks
Including Beers,
Spirits, Wines,
Cocktails, Juices,
Sodas, Purified water*

*Eat all you can....
Drink all you can....
Be merry all night long !!*

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Disc Music Till Dawn
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midnight
and much more ...*

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EMAIL: admin@sunnandsand.co.ke
WEBSITE: www.sunnandsand.co.ke

REEF HOTEL
NEW YEAR'S PROGRAMME

Friday 31st December, 2004
Animation from 10am
Gala Dinner @ 7.30pm
Live Band - Sweet Mountain Band
Star Mix Cabaret - Salsa + Acrobatics
Show @ 9.45pm
Count down to New Year from 10.30pm
With The Sweet Mountain Band
+ Guest Stars, Fireworks at Midnight
Disco after Midnight
Entry for non residents Kshs. 1,800/-
Entertainment only Kshs. 400/-

Saturday 1st January, 2005
Animation from 10am
Gala Dinner @ 7.30pm
Show & Disco from 9.30pm

Ask for special accommodation
rates as from 5th January, 2005

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NEW YEAR'S BASH
(SAY KWAHERI TO ALOHA BEACH RESORTS
& WELCOME SAI HAVEN)

DINNER 7.30 - 10.00PM DINNER, DANCE, SPECTACULAR DISPLAY OF FIREWORKS **VEG & NON-VEG BBQ**

ALL NIGHT GRAND PARTY BY THE BEACH
DJ TOSTA, DJ ELISON

**Adults - Kshs. 1,500/-
Children (4-12yrs) - Kshs. 1,000/-**

Advance booking for DINERS strongly recommended

NON-DINERS: Gate Opens After 11.00pm
- A La Carte Available.
Gate - Adults Kshs. 300/- Child (4-12years) Kshs. 200/-

happy new year - english
mwaka mpya wa mafanikio - swahili
el próspero año nuevo - spanish
heureux nouvel année - french
glückliches neues Jahr - german
l'anno nuovo felice - italian
gelukkige nuwe jaar - afrikaans

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Season Opening Hours:
24 Dec 2004 - 8.00 a.m. to 5.00 p.m.

25 Dec 2004 - Closed	30 Dec 2004 - 8.00 a.m. to 5.00 p.m.
26 Dec 2004 - Closed	31 Dec 2004 - 8.00 a.m. to 5.00 p.m.
27 Dec 2004 - Closed	1 Jan 2005 - Closed
28 Dec 2004 - 8.00 a.m. to 5.00 p.m.	2 Jan 2005 - Closed
29 Dec 2004 - 8.00 a.m. to 5.00 p.m.	3 Jan 2005 ... Business as usual

be responsible: don't drink and drive



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BINGO!

casinoroco

at the

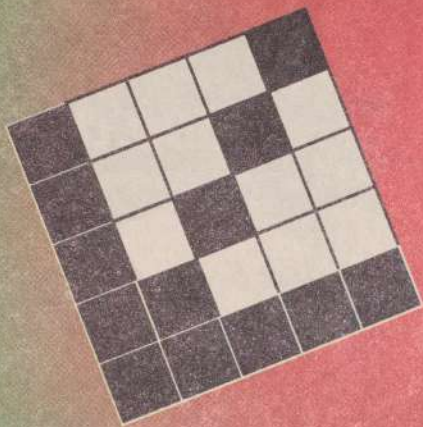


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JACKPOT INCREASES BY 5000
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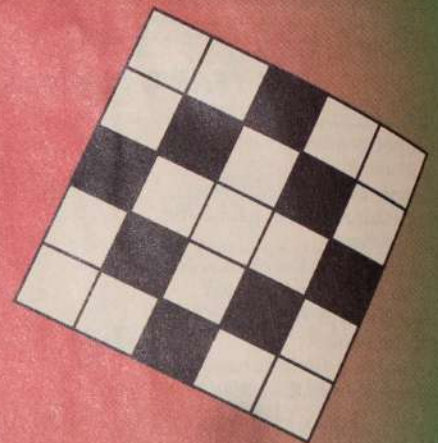


LINE GAME

DIAMOND

COVERALL

PLUS



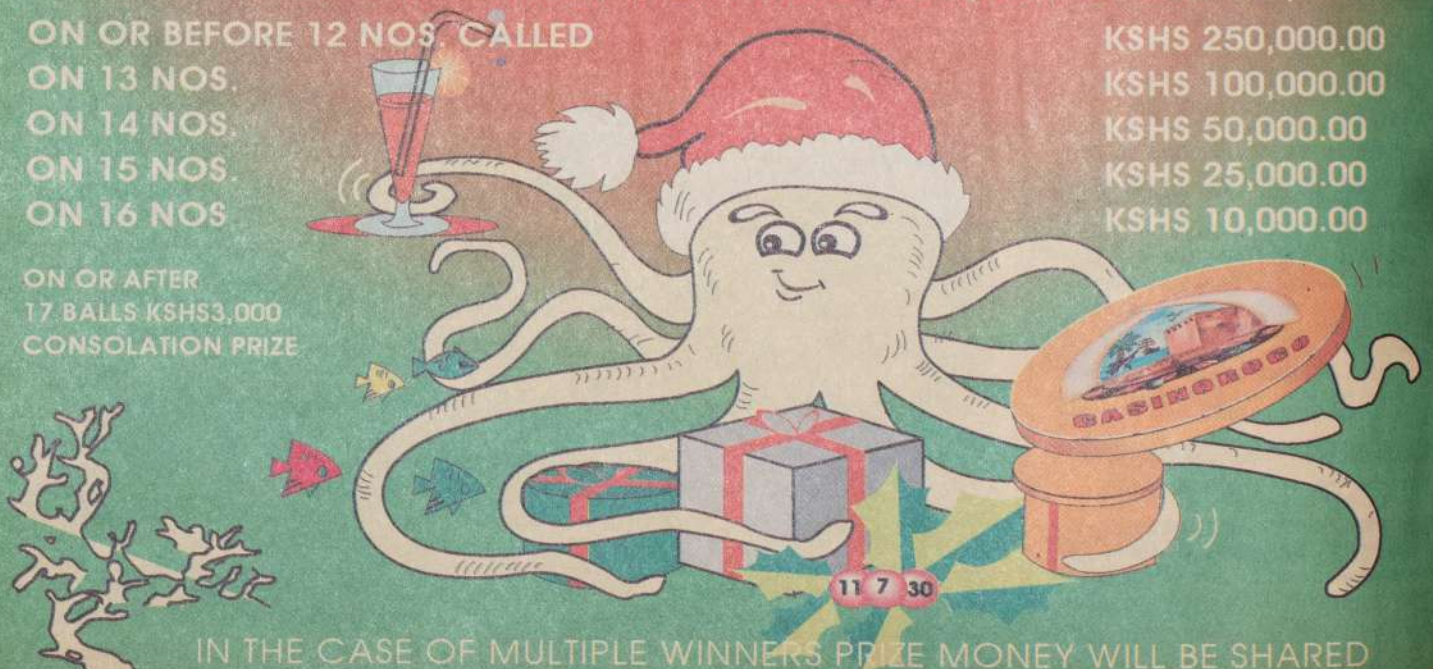
LAST CHANCE BINGO

COMPLETE ANY HORIZONTAL LINE WITH FIVE NUMBERS (NOT THE MIDDLE LINE)

ON OR BEFORE 12 NOS. CALLED
ON 13 NOS.
ON 14 NOS.
ON 15 NOS.
ON 16 NOS.

ON OR AFTER
17 BALLS KSH\$3,000
CONSOLATION PRIZE

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KSH\$ 50,000.00
KSH\$ 25,000.00
KSH\$ 10,000.00



IN THE CASE OF MULTIPLE WINNERS PRIZE MONEY WILL BE SHARED

THE PARTY

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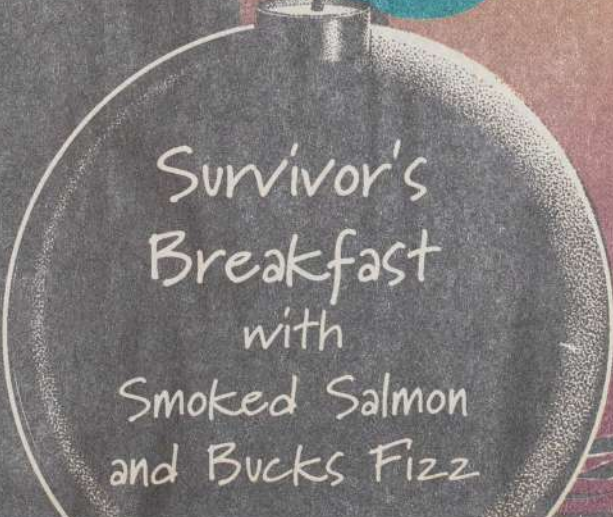
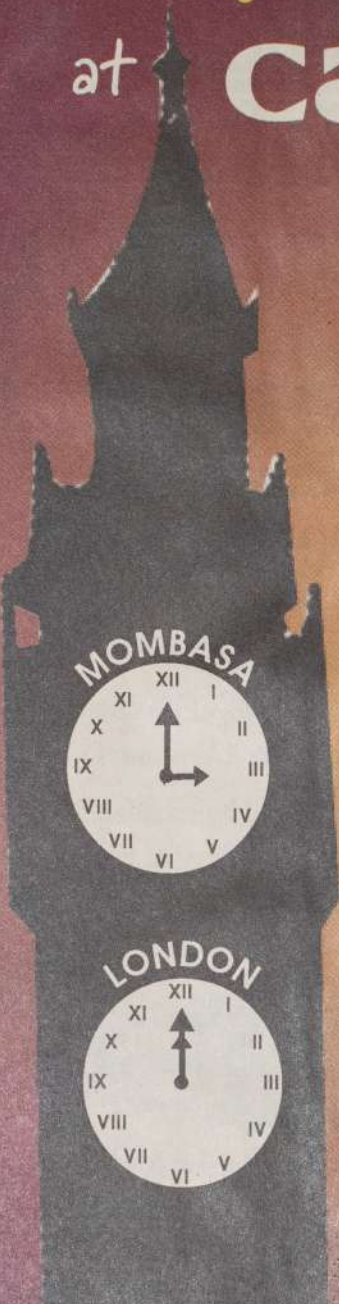
with the Royals



ROYAL COURT HOTEL




Corks Pop at 3 a.m.
Midnight London Time



Survivor's
Breakfast
with
Smoked Salmon
and Bucks Fizz





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REGENCY
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the preferred way.....

For only

US\$ 85 + Taxes

Single / Double, Including Breakfast

December 15th - January 9th 2004

- ✓ Stay 3 Nights and get One Dinner plus House wine Free
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A chilled glass of sparkling
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3500/= per person.

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NEW YEAR AT THE COAST

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WHERE will you be when bringing in the *New Year*, this year?

Yul's Aquadrom, where it is party time both day and night, will be the place for those looking for fun, food and frolic.

Set yourself by the beach for yet another fantastic New Year's Eve party, personally organised by **Yul and Heike**.

Starting at 7.30 you will be entertained by not one but THREE DJ's from **Nab's Entertainment** till the early hours of the morning or when the party animals will begin to drop, whichever comes first.

Yul will present mouth-watering cuisine from a

reduced a la carte menu of his very extended selection that is available daily.

There will be plenty of vegetarian, non-veg and the absolutely fresh seafood that **Aquadrom** is widely renowned for.

A novel concept at the Coast, but quite at home at **Aquadrom** is the hot stone which will also be available on New Year's Eve by special request.

This is a very hot plate which can be heated upto 400 degrees centigrade and it comes with skewers of beef, chicken or seafood which you then cook yourself on the hot plate.

This is a lot of fun for those who like to see their food cooked right in front of them and especially for those who don't like waiting for their food

EXCLUSIVE Report From ANJUM ASODIA



while twiddling their drinks.

Top up with the finest coffee at the Coast, specially imported by Yul from Italy.

Apart from the usual desserts that are available, Yul's world famous ice cream will be on sale, again throughout the night.

A must are the three new flavours that have been recently introduced - Cherry Mania, Limetta and Tobler.

Don't Miss Out On Awesome Fireworks Display At Midnight

(A picture of the threesome are in the full page advertisement appearing in this issue of *Coastweek*.)

Yet the all time favourite is still the yoghurt with wild berry - succulently smooth, sliding down your palette with the tangy taste of berries blended in the unique flavour of yoghurt - not too sweet, nor too creamy.

Be prepared for the awesome fireworks display at midnight.

This time Yul has promised an even bigger spectacle than the last year, we can only wait and see.

Since there is a limit on seats, you are strongly advised to make a reservation well in advance.

Now, what are you going to wear to the *New Year's Eve*

Party?

A helpful suggestion - make a quick trip to **Heike's boutique**, located just above the water sports centre where you will find some beautiful evening wear just for the occasion.

There is also some excellent beach and swim wear which has just come in from **Elemar** in Europe.

Heike had just come back recently from a shopping trip there and has already sold more than half of the trendy evening outfits.

For those who are not aware, **Heike** does not just go and buy clothes for the shop from the European manufacturers.

She actually attends major fashion shows held in Italy and Germany to get an idea of what is the latest trend before she buys the outfits for her shop.

This way what you are purchasing at her well stocked boutique is the very latest in the fashion scene in Europe.

For those with young children, what better than spending the day at **Yul's Aquadrom**, partake in the super menu which provides for pizzas, pastas, all kinds of seafood, burgers, vegetarian

delights and Indian cuisine, have a thrilling ride on one of the many water sports available there, indulge in some delicious coffees and don't miss out on his sensational ice creams.

DAY AND NIGHT

The five to eleven year olds can enjoy the ATVs, installed there especially for these young ones.

Throughout The New Year Holiday - Day or night, you just cannot go wrong at **Yul's Aquadrom**, the place to be.

MAKE YOUR NEW YEARS EVE MEMORABLE

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BOLLYWOOD DHAMAKA
A night of non-stop entertainment! Latest Bollywood hits, Tantalizing Dances, Rib-Tickling Comedy, BEST FIREWORKS DISPLAY EVER.

Venue: Coast Gymkhana
Date: 31st December, 2004
Time: 7.30 pm onwards
FOOD STALLS PROVIDING WIDE VARIETY OF CUISINES

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Ticket outlets: CIN, New Chetna, Milan Puri Hse, Photostudio (McA Awa), Photostudio Elect (Dig. Rd), Sheerboys (Rockwell Plaza), Nyali Cinema, Hotel Sairose, Agni Enterprises

blue Ice

MENU FOR NEW YEAR'S EVE

Starter at buffet:

- Marinade fish fillet Greek Style
- Mix of Italian Salami's
- Grill vegetables in vinaigrette
- Spanish omelets with caviar
- Sea food salad
- Vegetarian dishes

Pastas:

- Meat Lasagna or vegetarian
- Penne "alla Cosacca" with caviar and prawns
- Spaghetti with mussels and clams

Main Course:

- Fish fillet Genovese with pesto sauce
- Pork Gammon baked in Owen with honey
- Beef fillet "in sfoglia" rolled in puff pastry
- Egg plant cake with mix cheeses
- Baked Vegetables

Dessert at buffet:

- Traditional Italian Cake: Panettone
- Pignolata: Traditional Italian dessert with Honey
- and many others

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BARCLAYS BOOST FOR KWALE EYE CENTRE

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Manju Mohammed, on behalf of Barclays Bank, gave her favourite charity, Kwale District Eye Centre, a Christmas present of a cheque for K.sh. 50,000 today. Seen receiving the money is the Eye Centre Medical Director Dr.H.E. Roberts. The money will be used to restore sight to those who are blind due to cataract. Cataract is the commonest cause of blindness in the world.



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WIR WÜNSCHEN UNSEREN LESERN EIN GUTES NEUES JAHR!

Wie wär's mit einem Champagnerfrühstück auf dem Sagala Steilhang ?

ERIC DAVIDSON mit jahrelanger Erfahrung in der Hotellerie in Großbritannien und in Kenia ist nun General Manager der *Sagala Lodge*, die sich gegenüber der Parkgrenze des Tsavo-Ost-Nationalparks befindet und nur wenige Kilometer von Tsavo-West entfernt ist.

Die Lodge hat hervorragende Köche, aber Eric Davidson kennt sich ebenfalls aus in der Kochkunst.

Wenn man ihn dazu überreden kann, bereitet er die besten Würstchen im leichtesten Blätterteig zu, der direkt auf der Zunge schmilzt.

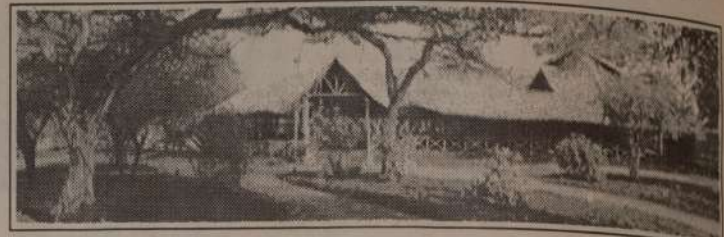
Er war früher General Manager im *Orchid Bay Hotel* bei der Nyalirücke und hat seither für *Romantic Hotels* auf der Insel Chale an der Südküste und im *Carnival Restaurant* an der Nordküste gearbeitet.

Wer dem lärmigen, dichten Verkehr in Mombasa entfliehen möchte, findet in der *Sagala Lodge*,

nur zwei Autostunden entfernt, unverschmutzte Luft und Gelegenheit, sich total zu entspannen, sei es bei einem Champagnerfrühstück oder 'Sundowner' hoch oben auf dem Sagala Steilhang.

Die Lodge liegt am Fuße der Sagala-Bergkette und wer sich aktiv betätigen möchte, kann interessante Exkursionen unternehmen.

Der erste Halt nach einer



Exotisches Paradies: Sagala Lodge, gegenüber der Parkgrenze des Tsavo-Ost-Nationalparks, nur wenige Kilometer von Tsavo-West entfernt.

einfachen Wanderung ist bei einem der größten Baobabäume der Welt mit einem Umfang von 68 Fuß (rund 26 m), dessen Alter auf mehr als 500 Jahre geschätzt wird.

Dann führt ein gewundener Pfad durch dichten dschungelartigen Wald an einem Wasserfall vorbei zu einem "verzauberten" Felsen,

wo man sitzen und ausruhen kann mit einer phantastischen Aussicht über die Ebenen von Tsavo.

Vögel lieben dieses Gebiet.

Ornithologen aus aller Welt besuchen die Lodge.

Innerhalb von 24 Stunden zählte die *Kenya Ornithological Society* mehr als 140 Vogelarten.

Dieser Verein hat daraufhin in seiner Website der *Sagala*

Lodge eine ganze Seite gewidmet.

Pirschfahrten können jederzeit arrangiert werden, um die Bewohner in diesem Königreich der Tiere zu beobachten, unter anderem Elefanten, Löwen, Büffel, Giraffen, Nashörner, Leoparden, Zebras, Affen und viele andere mehr.

In Tsavo-Ost warten die Elefanten aus *Daphne Sheldrick's Tierwaisenhaus* in Nairobi darauf, freigelassen zu werden und in einer Herde Aufnahme zu finden, sobald sie alt genug sind.

Das *Voi Educational Centre* ist ebenfalls einen Besuch wert.

Unterkunft gibt es in der *Sagala Lodge* in 24 makutibedeckten Bandas mit Veranda, alle in einem üppigen tropischen Garten verstreut.

Es gibt ferner besonders entworfenen 3-Zimmer Bandas, die in 4 Zimmer verwandelt

werden können. Es hat auch einen Swimmingpool, Lounge Bar und Restaurant.


Die Küche ist hervorragend. Viele Besucher kommen für ein romantisches Wochenende mit der ganzen Familie.

Geburtstagspartys und andere Feiern werden zelebriert an diesem friedlichen Ort, der sich auch eignet, um neue Produkte vorzustellen oder für Seminare für Angestellte, kombiniert mit Bergwanderungen.

Wie der General Manager sagt:

"Unsere Preise sind mehr als angemessen, die Atmosphäre ist eher wie eine private Lodge und ist deshalb ideal, um sich zu entspannen und zu erholen."

Für weitere Auskünfte kontaktieren Sie Mr. Davidson Tel. **0722 886996**.

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VON **NETA PEAL**

PEMBA-SHIMONI KREUZFAHRTEN

WÄHREND SICH die kenianische Küste auf eine vielversprechende Hochsaison vorbereitet (wenn genügend Sitze in Chartermaschinen zur Verfügung stehen), wurden immer neue Attraktionen eingeführt.

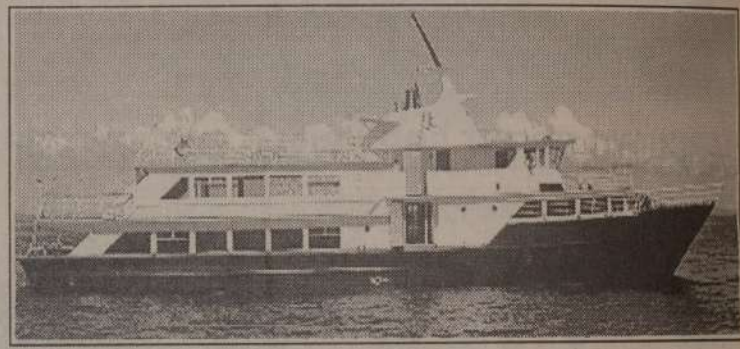
Ein neues Angebot ist der regelmäßige Fährdienst zwischen Shimoni und der Insel Pemba.

Die Jungfernfahrt im November diente dazu, die neuen Kreuzfahrten führenden Persönlichkeiten in der Tourismusindustrie und in der Reisebranche sowie auch einigen Touristen vorzustellen, die alle zu einer dreitägigen Exkursion eingeladen waren.

Die Reise begann am Morgen vor der *Shimoni Reef Lodge* mit einer zweistündigen Kreuzfahrt auf der "Blue Liberty" zum nördlichen Leuchtturm in Ras Kigomasha, von wo die Passagiere im Pendelverkehr zur *Manta Reef Lodge* auf Pemba gebracht wurden.

Dort konnten sie verschiedene Insel Touren unternehmen, Wälder besuchen und tauchen in einer sagenhaften Unterwasserwelt, für die Pemba weltberühmt ist.

Die Kreuzfahrt von und nach



"BLUE LIBERTY" bietet regelmäßigen Fährdienst zwischen Shimoni und der Insel Pemba.

Pemba führt durch ein leuchtend blaues Meer; Delphine springen vor dem Schiff aus dem Wasser und an Bord wird ein erstklassiger Service von Offizieren und Mannschaft geboten.

Der Einsatz von "Blue Liberty" bei diesem Fährdienst war die Idee von Roland Rüdin, der über verschiedene Jachten verfügt.

Nach einem Besuch von Pemba, wo er in der *Manta Reef Lodge* wohnte, hatte er die Idee, den Luxus einer Yacht mit kurzen Kreuzfahrten zu den Inseln in diesem kristallklaren Wasser zu

kombinieren.

Die *Shimoni Reef Lodge* gehört der *Reef Hotels Gruppe*, die *Manta Reef Lodge* gehört *One Earth Safaris*.

Ranjit Sondhi, Marketing Direktor von *Reef Hotels*, sagte:

"Passagiere können in Shimoni einsteigen zu einer Kreuzfahrt nach Pemba auf der "Blue Liberty" oder nach Sansibar weiterfahren und entweder mit dem Flugzeug oder später auf dem Seeweg zurückkehren."

Diese Kreuzfahrten sind einzigartig, denn man kann dabei das Beste von zwei

Welten erleben. Das Schiff bleibt ständig in der Nähe des Ufers, während Unterkunft an Land in Cottages nur wenige Meter vom Meer entfernt mit Aussicht auf den Shimonikanal und auf den Pembakanal geboten wird.

Mr. Sondhi erklärte, dass diese Kreuzfahrten von *One Earth Safaris* organisiert werden und alle Anfragen für weitere Auskünfte an das Mombasa Büro im *Reef Hotel* gerichtet werden sollten.

"Blue Liberty" stellt eine bisher fehlende Verbindung her zwischen Shimoni und der Insel Pemba.

WHAT IS AIDS ?

Acquired Immune Deficiency Syndrome is a serious condition that affects the body's ability to fight infection.

Some cells of our body work as soldiers and defend us from invading germs. Without them we would be ill all the time.

The AIDS virus kills or immobilises these soldiers (T-helper cells) which leaves the body practically defenceless.

Then other germs, fungi, viruses and bacteria become opportunistic and are able to attack the body and the infected person becomes ill.

What causes AIDS ?

It is a virus called HIV (Human Immuno-deficiency Virus) which was the first described in 1983.

A virus is a little germ, too small to be seen by the naked eye.

This virus attacks the body's T-helper cells of the immune (defence) system and destroys them so weakening the body's defence system.

Once the virus enters the T-helper cells it stays forever and the damage is permanent.

All body fluids contain T-helper cells but the concentration is highest in Blood, Semen and secretions from the Vagina.

Who is a carrier ?

Anybody who has the AIDS virus is a carrier and can infect others.

Very often an infected person does not know that he or she is a carrier because they look and feel healthy.

He or she has no symptoms and the person who infected him or her may have no symptoms either.

A person can be a carrier unknowingly for many years before the virus had destroyed so much of the immune system that he or she falls ill.

A carrier can transmit the virus to others during sexual intercourse.

Also an infected mother can pass the virus on to her baby before or during birth.

Some people infected with the virus will develop symptoms of AIDS while others will remain in apparent good health and be carriers.

Can I still be in good health even if I am infected with the AIDS virus ?

Yes. Absolutely. You can be an AIDS carrier without being ill. But remember, you can still spread the virus to others who in turn may become fatally ill.

How does the virus spread ?

AIDS is spreading through body fluids such as blood, semen and vaginal secretions.

It can be spread by sexual intercourse, passed from mother to baby, passed by transfusion of infected blood or by non-sterile instruments.

Can AIDS be sexually trans-

There Is STILL 'No Cure' For A.I.D.S. !

mitted ? Yes. AIDS is a sexually transmitted disease.

If a healthy woman has sex with an infected man she can catch the virus from him.

A healthy man can catch the virus from an infected woman during sex too.

AIDS is spread when semen or fluids from the vagina of an infected person comes in contact with the mucous membranes of a healthy person.

Can AIDS be passed from a mother to her baby ?

Yes. AIDS can be passed from an infected mother to her baby during pregnancy or a birth.

The virus is carried in the mother's blood.

Does an infected mother always pass on the infection to her child ?

Not always, but a mother infected with the virus (HIV) can pass it on to her baby during pregnancy or during birth.

Many infected babies die very young.

Doctors recommend that parents who know or suspect that one of them is infected with the AIDS virus should avoid having children.

A woman can have a blood test at an antenatal clinic to find out if she has the virus before she decides to get pregnant.

Can I get AIDS through blood transfusions ?

Yes. AIDS can be passed by transfusion of infected blood or blood products. All blood for transfusion should be tested first.

Testing facilities are available throughout Kenya.

It is true that some people have been infected with the AIDS virus by blood transfusions.

Today blood is tested for AIDS so there should be no risk of infection. Blood donors must be healthy to give blood.

People who think they may have been infected with AIDS should not give blood.

There are several reasons why some people should not be blood donors.

Generally, people who do not feel well should not give blood.

This is not specifically related to AIDS, but you might pass on any infection that you may be suffering from at the time.

Is there any risk or can I get AIDS by giving blood ?

No. To give blood is perfectly safe. The equipment used, the needle penetrating the vein and the bag the blood is collected in, can only be used once.

Can AIDS be spread by the use of unsterile instruments ?

Yes. AIDS can be spread

through the use of unsterilised needles and syringes.

Also knives, razors, and other skin piercing and cutting instruments such as are used for scarification, circumcision and ear piercing.

The AIDS virus cannot survive for very long outside the human body and it is killed by boiling water and most disinfectants (example JIK). All instruments should be sterilised for 20 minutes.

Can a casual handshake give me AIDS ?

No. The AIDS virus is Not spread by touching the body of an infected person. You will Not get AIDS by touching things touched by an AIDS carrier.

Can a kiss give me AIDS ?

No. Kissing is not dangerous if there are no sores in or on the mouth. Saliva does not carry enough viruses for transmission.

But one is best advised to avoid passionate mouth to mouth kissing with anyone other than your faithful partner.

Is it dangerous to breathe the same air as an infected person ?

No, it is not. The virus is not spread through the air. It is not passed on through sneezing or coughing.

Is it risky to have a drink at the bar or eat at a restaurant ?

No. The virus is not spread by glasses, cups, plates and eating utensils.

Should I avoid using public toilets ?

No. You do not catch AIDS using a public toilet. AIDS is not a disease spread by sex and you do not get these diseases from a toilet.

For normal hygienic reasons toilets should be kept clean and tidy. You do not get AIDS using public facilities such as toilets, swimming pools, baths and showers.

Can mosquito bites give me AIDS ?

No. Mosquitoes do not carry the AIDS virus. If they did all age groups by now would be affected by AIDS as is the case with malaria.

The very few cases of children with AIDS can be traced to blood transfusion and injection.

Are injections dangerous ?

No. A new or sterilised needle and syringe are safe. It is important to only go to a recognised clinic or health centre with facilities to sterilise needles and syringe.

The AIDS virus is killed by boiling for 20 minutes or by disinfectants (JIK, one part to seven parts water). Normal

immunisation procedures are completely safe.

How do babies and children get AIDS ?

The majority of babies who have AIDS have been infected by their mothers as explained above.

A small number of children have been infected through blood transfusions but this should not happen not that blood is being tested.

What are the first symptoms of AIDS ?

There are no symptoms related only to AIDS. People can be without any symptoms for a

period of time, up to five years or longer.

Eventually, signs like chronic diarrhoea, and prolonged fever both for more than one month.

Plus unexplained weight loss, swollen glands, itchy skin diseases and serious infections may appear.

Each of these signs could be caused by other diseases not only AIDS, so consult your doctor.

Can AIDS be cured ?

No. There is no cure for AIDS.

Some of the symptoms can be treated temporarily to offer some relief but as the immune

(defence) system gradually breaks down completely the body cannot fight off common infections.

The person will eventually die.

Can I avoid becoming infected with the AIDS virus ?

Yes you can. Protect you self and others.

Avoid Casual sexual partners, have sex with only your faithful spouses, use a condom correctly.

If you know or think that you or your partner might be infected, avoid unnecessary injections - have all immunisations at a recognised health centre where you are sure all instruments are sterilised, find out the correct way to use condoms from your community distributor or health worker and learn the facts and tell your family and friends.

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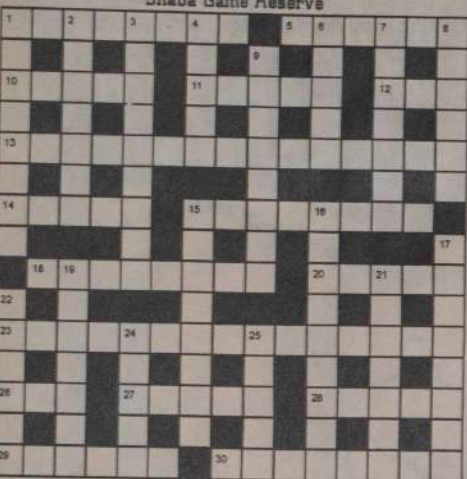
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WISHING ALL OUR READERS A VERY HAPPY NEW YEAR

WHITESANDS BEACH HOTEL MOMBASA

SUNDAY LUNCH: A Family Day Out for two including lunch and swimming at Whitesands Beach Hotel, Mombasa will be awarded to the winner. The next draw for the winning entry will be 19th JANUARY, 2005. Completed Crosswords should be sent to 'Prize Crossword' COASTWEEK, P.O.Box 87270, Mombasa, Kenya.

SAROVA UNITS: Whitesands Hotel, Mombasa • The Stanley Hotel, Nairobi • Pan Afric Hotel, Nairobi • Sarova Mara Camp, Masai Mara • Sarova Lion Hill Lodge, Lake Nakuru • Sarova Shaba Lodge, Shaba Game Reserve



CROSSWORD NO. 625

NAME.....

ADDRESS.....

ACROSS:

- Shining with moderate brightness [6]
- A moving description of a flea? [6]
- Nigel loses himself, here in Scotland [5]
- Enticed [5]
- A forest tree yielding valuable timber [3]
- The erudite opposer, as the attorney might say [2,7,6]
- Completely destroyed [5]
- Given a new appellation [8]
- Tax valuer [8]
- Episcopal cap [5]
- Dwelling on by-gones? [6,2,3,4]
- The Yugoslav finally fetches him back [3]
- Chop fine [5]
- Men-house [5]
- Musical beat [6]
- Pennon [8]

DOWN:

- What 16 was asked to lend [4, 4]
- Devastatingly swallows up [7]
- Move by brute force? [9]
- Stocking material [5]
- Beneath [5]
- Go before [7]
- Something to get you better [6]
- One whom Micawber might have owed much to? [8]
- Muscovites [8]
- Widcombe Fair man [3,6]
- A willing chap [8]
- A highly seasoned sausage [7]
- A restaurant for the cuppa-minded? [3-4]
- You're lucky if you're living in it! [6]
- A beautiful young maiden [5]
- Deal with [5]

ANSWERS TO CROSSWORD NO. 624

ACROSS: 1. IN TOWN TONIGHT, 10. ATTRACTED, 11. TILER, 12. APISH, 13. DESPERADO, 14. HOME-TOWN, 15. WIZARD, 19. TOYSERS, 20. FOLKLORE, 22. JAMES HUNT, 24. CANON, 25. MENAI, 26. FEUDALIST, 27. KNIGHTSBRIDGE
 DOWN: 2. NUTS IN MAY, 3. OMAGH, 4. NOTE DOWN, 5. ODDDEST, 6. IN THE PINK, 7. HILDA, 8. PARACHUTE JUMP, 9. ARNOLD BENNETT, 15. THRASHING, 17. ABOUNDING, 18. TOMTHUMB, 21. TUFFET, 23. MANON, 24. COATI

WINNER OF CROSSWORD NO. 624

**MR. AKIL ADAMJEE
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E-mail: coastwk@africaonline.co.ke

Web: http://www.coastweek.com

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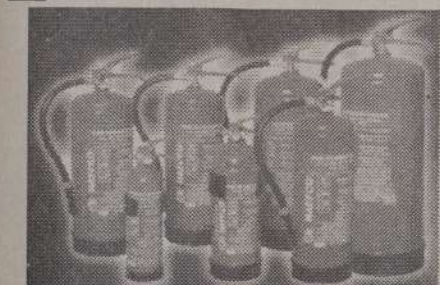
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FIRE FIGHTING EQUIPMENT

**UKIMWI CUP
FOOTBALL
INTO SEMIS**

**JOMVU SUPERSTARS F.C -
4 TWIN BROTHERS F.C -1**
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Sailing For The Ampees Cup

Oblivious of the alarm of the impending threatened 'tsunamis' expected in the afternoon on the Kenya coast last Sunday, the 26th, six boats and regular sailors were out on the water in Kilindini channel for the AMPEES CUP, one race on personal 'B' handicap, for helms over 40 years of age.
AMPEES CUP was presented in 1985 by Ampees Shipping to commemorate MYC's 75th anniversary.
It was full moon spring tide and the currents are always strong, but that day the currents were unusually very strong in the flooding tide and the sailors had a hard time sailing against the wind and tide to reach the sailing course marks of KPA navigational buoys in the channel, which were just holding on to the anchored chains and ropes, in the strong currents.
The winds were strong and shifty with sudden gusts filtering through spaces of trees,

buildings and tall tanks on the eastern side of the channel.
Laser II KENZA sailed by Michael Smewing and Ibrahim Khan, after a few capsize, had a snapped boom and retired from the race.
Marylyn Barnes sailing in Laser ISHILIA sailed very well with line honours finish seven minutes 19 seconds ahead of other boats and was the winner of AMPEES CUP in 1st position.
Andy Burnard in Laser NYEKUNDU was 2nd.
Paul Whythe, new member in his just acquired Laser TERN, managed well the strong windy conditions with a few capsize and was in 3rd position.
Alfred Okoth sailing in Topper BAMBURI CEMENT was in 4th position.
Brian Emmott sailing in Laser FOXY LOXY was 5th.
The 4th and final race of DECEMBER MONTHLY MUG was sailed in moderate winds on

Wednesday, the 22nd, on personal 'B' handicap, by three boats.
Osprey METEORITE, sailed by Kalim Hassanali and Annie Appleyard, had line honours finish, but was in 3rd position on corrected time.
Osprey TALLY-HO sailed by Barry Mitchell and Peter Talbot, were 1st.
Brian Emmott in Laser FOXY LOXY was in 2nd position.
All the three boats were within 30 seconds of each other.
The overall aggregate results of 4 races with one discard, for DECEMBER MONTHLY MUG, of the first three boats out of a total seven was:
1st Winner Osprey TALLY-HO, 2nd: Osprey METEORITE and 3rd: Laser FOXY LOXY.



friendly atmosphere on the veranda at the Club where prize giving was followed by a sumptuous meal and a short quiz with quiz master, Martin Wahome presiding.
The last of the questions:
"In Golf, how many types of Play are there and name them? Incorrect answers will lead to a point being deducted for each wrong answer" actually decided the result of the quiz when the Riley team lost four points for their answers and dropped from 1st to 3rd position in one fell swoop.
The shot of the day was a near perfect wedge on the short 12th par three that left John Oxtoby with the shortest of putts for his 'birdie'.
This also featured as the only "2-club" of the day and scooped him 10 new balls from the 'pool' that will go some way in replacing the several that he fired out of bounds and into the sea.
(Answers to the quiz next week)
Happy, successful and prosperous golfing New Year to all our members.

DOUGLAS MUTERU CLINCHES CHRISTMAS EVE COMPETITION

Douglas Muteru fired two steady 19's (38 points) to clinch the Christmas Eve competition at the "Short and Nasty" course that is doing everything in its power to lose that description, writes **Cuniculus**.
This description initially came from Kenya's most successful Lady golfer, Rose (N) and was echoed by AVA and Rally maestro, DW who also asked the question:
"What is the similarity between MGC and CB?"
The Mombasa golf links is surprising everyone with its power of regeneration following the fixing of the water pump on the first practice area.
However, all is not perfect as it has just been reported that the pump on the fifth has developed a fault and needs re-wiring which could not have happened at a worse time as nothing seems to work at the coast from before Christmas until some time into the second week of January!
We pray for some rain to help out the course until it's repaired but if that is not forthcoming then MGC will be forced to purchase yet more water - as nothing has come from the Municipal pipes since November.
Special thanks go to Kishor Lakhani for his continued good work in preparing the greens, cropping back the rough and trimming the fairways and if we are fortunate with weather and water then we could soon be able to report the greens as being amongst the best in Kenya once again.
The players who entered the Friday competition were given the choice of either entering a full 18-hole competition or, for those who were restricted by time

or not in need of the extra exercise, an option of a nine-hole competition was also available.
The mad "wazungus" were out first in the mid-day sun with separate bets adding spice to their game.
Winning the bets and featuring third overall in the competition with 37 points was John Riley who drove straight, pulled well but really amazed his playing partners with his chip shots around the green that were to within inches of the pin with monotonous regularity.
Beating John on the countback method was lawyer, Lumatele Muchai who scored 21 points on the back nine in his 37 point total.
House and Wines Member Martin Wahome was just out of the prizes although he played to his handicap and had a very respectable 36 points - his mind was probably on trivia questions as he had volunteered to organise a fun-quiz after the event.
Winning the nine-hole competition was M. J. Soni who has become one of the nine-hole specialists at MGC and proved it again with his 23 points that pipped M. J. Patel into second place (22 points).
Third was the Hon. Green keeper, Kishor Lakhani on 20 points.
Each player had been asked to donate something towards the competition and these included a bag of charcoal, delicious fish and chicken curries cooked up by D. J. & M. J. Soni, golf balls, umbrella, beers, chips and ugali as well as some other items.
This all led to a fantastic,

should be given the responsibility to handle the team until the end of this season.
"Why can't Dubai officials have trust in Mutua who he steered Coast Stars to win many matches?" Asked a fan from Kisauni, Abbas Ali.
Kheri was reported as saying he had received better terms from KCC and now accepted them.
He insisted that he did not sign any contract with Dubai Bank.
The former Coast club coach Kheri claimed that the officials threatened to sack him if he did not produce good results.
He said he proved his worth when Dubai Bank won the last three matches against Gor Mahia (2-1), Nzola (1-0) and Kenya Commercial Bank 2-0.
Dubai Bank FC chairman David Langat wished Kheri all the best but said the coach failed to perform well during his brief tenure.
"His departure would give us an opportunity to search for another coach," Langat said.
Dubai Bank will start training in preparation for the second leg matches scheduled to start mid-January, 2005.



Douglas Mutua New Coach For Dubai Stars F.C.

Douglas Mutua, former Harambee Stars midfielder who took Coast Stars Football Club to greater heights before the team was disbanded due to financial problems, will now train Dubai Bank Football Club following on from the resignation of Hussein Kheri.
Kheri tendered his resignation to the Dubai Bank FC officials last weekend saying he decided to sign for Kampala City Council of Uganda (KCC).
Kheri suggested that Dubai Bank FC officials had not sufficiently appreciated his services since he took over charge of the team - a local daily quoted him.
No doubt Dubai Bank officials will accept his resignation. They are trying to find another coach to take charge of the team.
Many soccer fans in Mombasa were of the opinion that Mutua

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SUPERSPORT. THE CHANNEL OF CHAMPIONS.

31 Dec '04 - 2 Jan 2005

Friday 31 December
SuperSport 3 on DStv (all soccer)
07:00 Sky Sports News, 09:00 Sleeping Giants, 09:30 Engen Premier Soccer, 09:00 Futbol Mundial, 10:30 FA Premiership, Arsenal v Fulham, 12:30 Blackburn Rovers v Newcastle United, 14:30 Manchester United v Bolton Wanderers, 16:30 West Bromwich Albion v Liverpool, 18:30 Sleeping Giants, 19:00 Sky Sports News, 20:00 FA Premiership Highlights, 21:00 UEFA Cup Extra, 21:30 FA Premiership Preview, 22:00 On The Ball, 23:00 FA Premiership, Southampton v Charlton Athletic.

Saturday 1 January 2005
SuperSport 2 on DStv
16:30 Soccer FA Premiership

Fulham v Crystal Palace, live
SuperSport 3 on DStv (all soccer)
07:00 Sky Sports News, 10:00 FA Premiership Highlights, 11:00 FA Premiership, Norwich City v Tottenham Hotspur, 13:00 European Football, 13:45 On The Ball, 14:45 FA Premiership Preview, 15:15 FA Premiership, Liverpool v Chelsea and 18:00 Charlton Athletic v Arsenal, both live, 20:00 SuperSport Scoreboard, 20:05 FA Premiership, Middlebrough v Manchester United, live, 22:45 Manchester City v Southampton and 00:45 Bolton Wanderers v West Bromwich Albion
SuperSport 5 on DStv
17:30 Soccer FA Premiership, Tottenham Hotspur v Everton, live.

22:30 Aston Villa v Blackburn Rovers and 00:30 Newcastle United v Birmingham City
Sunday 2 January
SuperSport 2 on DStv
02:15 Cricket, Australia v Pakistan, third test, day 1, live from Sydney, 11:00 Cricket SA v England, third test, day 1, live from Cape Town

SuperSport 3 on DStv (all soccer)
07:00 Sky Sports News, 10:00 FA Premiership, Charlton Athletic v Arsenal, 12:00 Middlebrough v Manchester United, 14:00 Portsmouth v Norwich City, 15:00 Bolton Wanderers v West Bromwich Albion, 18:00 Aston Villa v Blackburn Rovers, 20:00 Portsmouth v Norwich City, 22:00 Bolton Wanderers v West Bromwich Albion and 00:00 Manchester City v Southampton

Farsheed Alibhai Makes It A Double - At Kenya Junior Strokeplay Championship

Farsheed Alibhai, playing off scratch, made it a double win for the second consecutive year, winning both the Kenya Junior Strokeplay Championships at Royal Nairobi Golf Club and the Boys Championships played in August at the same venue.
Farsheed shot a gross 76 and 73 (149) to win by three shots from Nelson Mudanyi, 73, 77 (146) to successfully defend the Strokeplay Championships.
Ernest Mulema beat Ganeev Giddie on countback to take third place with gross scores of 75,76 (151).
The girls' winner, for the fourth year was Christina Andersen on 89, 91 (180) with Katie Snow in runner up place with 113, 109 (222).
The best morning score was Wahome Wambu on 73 gross with Ganeev Giddie winning the afternoon on 77 gross.
The best nett for 36 holes was 24-handicap golfer, Zahid Ameer who shot 71,63 (134) winning his first golf prize.
Kenya Postel Directories have sponsored the Kenya Junior Strokeplay Championships for the seventh year.

THE 'LATE' HIT

ONE OF THE MOST DESTRUCTIVE DOWNSWING FAULTS IS 'CASTING' OR 'RELEASING THE HANDS' PREMATURELY AT THE VERY START OF THE DOWNSWING. THIS CAUSES PLAYERS TO LOSE POWER.

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Issue No. 2753 Dec. 31, 2004 - Jan. 06, 2005.

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'Juniors' Triathlon

A Junior TRYathlon has been planned for March 26 and 27, 2005, at the Coast Academy Swimming pool and Fort Jesus.

Suleiman Said Al-Guthmi chairman of the Mombasa Triathlon event has invited all schools to participate.

The children's TRYathlon concept embraces the M.T.O.T spirit of 'having a go' and 'giving it a try', that's why it is called 'TRYathlon'.

"The events reward young achievers for doing their best and encourages them to develop healthy habits of physical activity and exercise, which will benefit their well-being for a lifetime."

"The emphasis of the TRYathlon is on participation and fun with everyone being a winner."

Event is open to schools, clubs, companies, families and members of the public.

TAMARIND SKI CENTRE

Based at the Tamarind Village Mombasa, is the Kenyan coast's latest watersports addition - the Tamarind Ski Centre.

This dedicated wakeboarding and waterskiing school is managed by *Prosurf Extreme*, Kenya's leading watersports company, and operated by *Evolution*, a UK based waterskiing school.

LATEST SKIS AND WAKEBOARDS

All teaching is provided by *British Water Ski Federation* qualified instructors, and training takes place on *Evolution's* brand-new 19 foot ski boat.

A variety of courses are on offer from beginner lessons to boat and driver hire for the more experienced.

Evolution uses the latest skis and wakeboards from *O'Brien*.



SLALOM skiing in front of Tamarind Village, Mombasa.

The ski school operates from the *Tamarind Village* in Tudor Creek, just North of Mombasa, guaranteeing flat water - ideal for starting out or learning to perfect more advanced moves.

Accommodation can be found at the *Tamarind Village* which is a collection of luxury, fullyserviced apartments from where the Ski School operates, and which also boasts one of Africa's finest restaurants as well as squash courts, a gym, spa and swimming pools.

The *Tamarind Ski Shop* As well as providing activities on the water, *Prosurf Extreme*, in association with *Evolution*

has also opened Kenya's first extreme sports retail outlet in response to the increasing demand for extreme sports in the East African region.

KITESURFING GEAR

The shop stocks the latest kitesurfing, wakeboarding and waterskiing equipment from *Wipika* and *O'Brien*, as well as clothing and accessories from *Protest*, *Nine Plus*, *Smith*, *Animal*, *Bodyglove*, *West* and *Banana Moon*.

Opening times: 10.00 a.m. - 6.30 p.m. (seven days a week)

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KENYA TIDE TABLES

MOMBASA, Dec. 31, 2004 - Jan. 06, 2005

FRIDAY High Water - 3.1 m. at 06.36 hrs. (6.36 a.m.) and 2.7 m. at 19.07 hrs. (7.07 p.m.). Low Water - 0.8 m. at 00.21 hrs. (12.21 a.m.) and 0.6 m. at 12.57 hrs. (12.57 p.m.).

SATURDAY High Water - 3.0 m. at 07.10 hrs. (7.10 a.m.) and 2.7 m. at 19.50 hrs. (7.50 p.m.). Low Water - 0.9 m. at 01.00 hrs. (1.00 a.m.) and 0.7 m. at 13.40 hrs. (1.40 p.m.).

SUNDAY High Water - 2.9 m. at 07.50 hrs. (7.50 a.m.) and 2.7 m. at 20.30 hrs. (8.30 p.m.). Low Water - 1.0 m. at 01.40 hrs. (1.40 a.m.) and 0.8 m. at 14.10 hrs. (2.10 p.m.).

MONDAY High Water - 2.7 m. at 08.30 hrs. (8.30 a.m.) and 2.7 m. at 21.20 hrs. (9.20 p.m.). Low Water - 1.2 m. at 02.30 hrs. (2.30 a.m.) and 0.9 m. at 15.00 hrs. (3.00 p.m.).

TUESDAY High Water - 2.5 m. at 09.30 hrs. (9.30 a.m.) and 2.7 m. at 22.30 hrs. (10.30 p.m.). Low Water - 1.3 m. at 03.30 hrs. (3.30 a.m.) and 1.0 m. at 15.50 hrs. (3.50 p.m.).

WEDNESDAY High Water - 2.3 m. at 10.50 hrs. (10.50 a.m.) and 2.8 m. at 23.50 hrs. (11.50 p.m.). Low Water - 1.3 m. at 05.50 hrs. (5.50 a.m.) and 1.1 m. at 17.00 hrs. (5.00 p.m.).

THURSDAY High Water - 2.3 m. at 12.20 hrs. (12.20 a.m.). Low Water - 1.2 m. at 06.30 hrs. (6.30 a.m.) and 1.1 m. at 18.20 hrs. (6.20 p.m.).

NOTE: Standard Port is *Kilindini*. ADD 40 minutes for *Lamu* and ADD five minutes for *Malindi*. 'No Change' for *Kilifi* and *Diani*.

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